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Continued from page 6

Thompson, and Javier Prichard were also there on Sunday, as was pop star Patsy Kensit and TV chef James Martin on Friday while the One Show's Clara Evans was also a close-knit web live of his supporters across Facebook.

The annual convergence in the streets of Lland Moriri in the north of England brings together car lovers from all over the world and for just one evening qualifying as a car.

As popular as the gathering that attracts cars on a regular basis over the three days because the event was getting too big.

The most relaxing thing was how casual the whole thing is. Just world champion Sebastian Vettel sat around about lap times, while for Jackie Stewart hasn't thought about them for decades.

The past each started at the top of the 100m track - which is usually the driveway to Lland Moriri's main site - with a huge grin on their faces.

"It's a bit like for me," said Vettel who has just finished lap times for two weeks and put in much respect from the crowd. "It's definitely more fun. There was some of the cars in real life."

More impressive than the array of drivers is the machinery they're driving.

There were new cars, old cars, cars that aren't even in the pit - and just about



everything else in between.

Most drivers are increasingly using the Goodwood event to showcase new cars. As well as an auction for all ages, shapes and sizes there's the Morning Motor Show - like a collection of marquees and temporary gardens designed to showcase cars of new sort.

Whether it's Benetton, Ferrari, Formula One or the rally world, you can guarantee there will be cars at

Goodwood. And they open doors, from the latest and greatest to cars decades older.

But the real beauty is how relaxed and accessible it all is. You can go to a grand prix and not get very close to the cars. But at Goodwood they're up close and personal. Wander out to the pits and you can even touch them, talk to the people who have them - and those who like to look after them.

Enjoy tea and cake in aid of St Wilfrid's hospice

THE KITTLES on and supporters of St Wilfrid's Hospice are being invited to enjoy refreshments at the Taste of the World festival taking place on Saturday and Sunday 6th July.

Hospice volunteers will be providing tea, coffee and delicious home-made cakes at the front behind the bagging hall at Fawcett Park Racecourse 10am-4pm (free day).

Based around the traditional-themed film Mignon Margot, the hospice is looking forward to raising up a variety of tasty treats, with proceeds from the sale going to the hospice's vital work in the community.

While enjoying a cuppa, supporters will be able to enjoy browsing a village-like style shop with categories including hand decorated cupcakes, hot sausage and garden, hot seasonal bouquet, flower shaped vegetable, top Olympic torch made from recycled materials, hot Olympic-themed flag and hot picture made from food. Entries will be judged on both day by the Friends of St Wilfrid's Hospice.

Thanks to the support of St Wilfrid's will also be raising a raffle, second-hand clothing bank and horticulture projects.

Throughout the weekend there will be a series of music-themed singing demonstrations led by Jean Christopher Ward.

The hospice aims to make volunteers as possible to raise the fundraising area.

For more information about volunteering over the weekend, contact All Donations in the fundraising team on 01243 993314.

Local author opens new museum

ONE of Britain's best known authors - and Chichester's own - Kate Mosse, has officially opened The Museum, Chichester Diocese's new museum.

Kate is the author of the New bestselling novels Labyrinth, Republic and The Winter Chorus. Her books have sold millions of copies in over 40 countries.

Labyrinth - starring John Hunt and Janet Fox - has been filmed, and a stage version by Paddy Crow.

For booklover the Museum and The Winter Chorus has just gone into production. The Founder and Honorary Director of the Chichester Diocese for Future, Kate has joined its advisory and arts awards.

Kate visited Chichester High School for Girls and the museum to visit at Chichester with her family.

She officially opened the museum at a private preview on Wednesday 4 July.

The Museum opens to the public at 10am each day Sunday 9 July.

The Museum serves has about 10,000 artefacts, both on display in store. Among the many other fascinating exhibits include the Chichester Museum and the Chichester House, a portrait of Thomas Aquinas, hand-drawn letters from the late first and early 19th century AD. Many of the items have come from the display to the public before. The building



Kate Mosse, author of Labyrinth, Republic and The Winter Chorus, with the Bishop of Chichester, the Right Reverend John Hurley, at the opening of the new museum.

is very modern and spacious and the second floor reveals breath-taking views of Chichester Cathedral. The Museum building was designed by the award winning Kate Mosse Architects, whose project was the Westport Open House in Ireland and the Chichester Theatre in London.

Difficult to look at contrary and change across places in the distance and collections from different people, as well as new archaeological and social developments.

The Museum will also take a shop with a wide range of local and unique gifts, accessories and books and the only Tourist Information Centre.

Chichester District's BIG month

July 2013

celebrate a month of history, culture and sport in the Chichester District this July

Monday 8 July
Opening of The Museum
Our new book, The Museum, at Chichester Diocese's new museum. The museum is a great place to visit in the city. The museum is a great place to visit in the city. The museum is a great place to visit in the city.

Tuesday 9 July
Nature's Way Feeds Junior Aquathlon

Wednesday 10 July
Nature's Way Feeds Chichester Triathlon and 'Try a Ter'

Thursday 11 July
Olympic Torch Relay

Friday 12 July
Free Open Day at Westgate Leisure Chichester

Saturday 13 July
Summer of Sport

Other events

Summer Sizzlers

Just a few of the great offers from Covers

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 Sat: 7.30am - 5pm (Trade Centre)

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HOME AND GARDEN

Local voices to have their say

A SPECIAL SURVEY is going West Sussex residents a chance to have their say on how they feel about crime and their safety in their own community.

The Police, local authorities, the Health Service, the Probation Service and the Fire & Rescue Service, as well as local voluntary and community groups, work in partnership to reduce crime and disorder to make residents feel safer.

The survey has been designed as consultation with partner organisations and is being widely promoted. The responses will be used to improve customer satisfaction with West Sussex services. It will also assist the West Sussex Strategic Community Safety Partnership to identify priorities and prepare

for the introduction of the new Police and Crime Commissioner who will be publicly elected in November this year.

Claremar Field, West Sussex Cabinet Member for Public Protection, said: "I hope as many people as possible will complete the survey."

"We want to hear the views of local people, to use their knowledge and expertise to help shape our priorities to address crime and community safety with our partner across West Sussex."

The survey is available until 30 July online and will take about 10 to 15 minutes to complete. It can be completed on-line or downloaded by visiting www.westsussex.gov.uk/crimeandcommunitysafetysurvey

Man charged with vicious robbery

A MAN was charged with robbing a couple and assaulting one of them in Bognor.

Shaylebert, 29, of The Tropic Way, Bognor, appeared before Harington Magistrates Court on Monday 26 June charged with robbery of cash and a watch from a couple. The charge also included an assault on one of the victims in Stone Lane, Bognor, on 27 June.

He also faced a charge of possessing an offensive weapon, a broken wine bottle,

resulting arrest on the evening in Bognor. However, additionally was charged with theft of food and more than a shop in Bognor and assault by beating of a man in Bognor on 28 June.

His new bar been sent to Chichester Crown Court for trial on 4 September. He was released on conditional bail.

A 20-year-old woman, who was arrested with Shalebert on 27 June on suspicion of robbery, was released on bail until a July

High marks awarded to University

THE UNIVERSITY OF CHICHESTER support for lesbian, gay and bisexual students and staff have been given high marks in the Stonewall University Guide 2013.

For the second year in a row, the West Sussex institution has scored eight out of ten in the checklist completed by Stonewall, the lesbian, gay and bisexual campaigning and lobbying charity.

The high score reflects the on-going work to champion LGB equality to both prospective and current students and staff. The university is a Stonewall Diversity Champion, a status that gives it the benefit of regular liaison meetings with the local Stonewall associate with the aim of constantly improving its

support to LGB students and staff. It has also been awarded marks for the explicit welfare support for LGB students.

Loise Jenkins, Chair of the LGB group in the University of Chichester, said: "This is a realisation of our vision about the Stonewall University Guide recognition. In many respects, this is a symbol of the small community's commitment to fostering an inclusive community for students and staff members through a highly active equality programme. LGB students are encouraged to be part of an on-going programme that celebrates and nurtures diversity through respect and an appreciation of the individual and the community."

The full results can be found at www.gaydegrees.org.uk.

Car and cyclist collide at Bognor pedestrian crossing

A 30-YEAR OLD man from Bognor has been taken to the Royal Sussex County Hospital with serious but not life threatening injuries after being in collision with a silver Kia Picanto on Saturday 30 June.

Police and emergency services were called to a pedestrian crossing on Bognor Road near the Arco Bognor Park at around 04.00pm.

The 30-year-old man, who from Bognor was transported.

Detective Paul Wood from West Sussex Road Policing Unit said: "This was an order to a student and we are keen to speak to anyone who witnessed the collision or saw the cyclist prior to him falling off his bicycle."

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DAVID BURT ADAM GARCIA CLIVE ROWE

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Music and lyrics by COLE PORTER

Book by SAM and BELLA SPEWACK



50

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'THEATRE MAGIC' THE TIMES

★★★★★

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'SIZZLIN' HOT' THE SUNDAY TIMES

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Final phase of bus subsidy reductions decided

WEST Sussex County Council has reached a decision on which bus subsidies are to be reduced during the final phase of its three-year programme to cut non-commercial routes by £2 million.

The savings are part of the County Council's drive to save £7m following significant grant reductions from central government.

A consultation last showing how routes are affected can be found by logging on to www.westsussex.gov.uk/buses. It is also available from libraries and help points.

As a package to save services will not happen until September 2.

Residents are advised to check with their local bus operator to find out the latest timetable in due course.

A nine-party working group assessed routes subsidised by the County Council, and the findings of a bus survey completed by 8,100 passengers were used to help make the final decision.

The working group considered how changes would affect passengers of different ages, the routes they people use the bus route, how often they used it, what other alternative transport was available and the need for people with disabilities.

County Council's Cabinet Member for Highways and Transport, Peter Moxley, said: "Regrettably some tough decisions have had to be made, but I feel with the reduction in grant funding, we had no other option."

However a clearer picture has now

emerged and we know where we stand.

"We will do everything we can to support those communities where a service has been reduced."

"Somehow have been put under to make reductions to explore other options and avenues, such as community transport, to lessen the impact on passengers affected by this."

Services which could affect you include:
30 (Oreworth & District) - Thornes
34 - Chichester

11000 funding withdrawn and as a result this service will move from 10 (Ore) to 11 (Ore) and will be replaced by service 11 (Ore) from 11 (Ore) to 11 (Ore) and will continue to serve 11 (Ore).

475, 476 (Oreworth) Chichester - East Bayle

Services from Chichester at 07.15 and 07.30 to be withdrawn, with the remainder of the timetable unchanged. Timetable subject to final confirmation.

34 (Oreworth) (Oreworth) - Chichester

Timetable likely to be revised, subject to final confirmation.

34 (Oreworth) (Oreworth) - Arundel

Perk - Old South Road revised to serve South Road and Clay Lane in Potholes to partly replace withdrawn service 11 above, revised timetable. Timetable subject to final confirmation.

44 (Oreworth) Midhurst - Brighton

This important commercial service will be withdrawn due to insufficient passenger numbers.

44 (Oreworth) - Brighton

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44 (Oreworth) - Brighton



Routes and timetable revised to run direct via 11 to partly replace withdrawn service 11.

Please note that this is currently a commercial service that will be funded by NSCC from a September 2011. Timetable subject to final confirmation.

34, 35, 36 (Oreworth) Midhurst - Potholes

Timetable to be revised, subject to final confirmation.

34 (Oreworth) West Sussex - Selsey

The service will operate on Mondays, Wednesdays & Fridays only.

The timetable will be unchanged, subject to final confirmation.

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A GREAT FAMILY FUN DAY OUT

Like the idea of supporting a local charity by having a great family fun day out by getting up close to farm animals; enjoying woodland walks; experiencing a round of mini golf and have a go on the remote control cars and more, then the Aldingbourne Country Centre is well worth a visit this summer.

Sun 26th Aug & Sun 28th Aug & Sat 29th Aug	Get up close and see the Deeds	10.0 From "Deeds 4 U"
Sun 26th Aug & Sat 29th Aug	Movie: "White and Green"	1.0 From "Movie House and Gardens"
Saturday 10th Aug	Movie: "Poah and Pigeon"	11.0 From "Poah House and Gardens"
Sun 28th Aug, Thurs 8th Aug & Sat 10th Aug	Decorations and house clearing	11.0 From "House and Gardens"
Saturday 8th Aug	Arrests @ Alongside Griff Gap & Face Painting	11.0 \$3 per child accompanied by adult
Thursday 10th Aug	Build your own bad house	10.11 12.1 2.0 4.0 6.0 per unit
Sun 18th Aug & Sat 29th Aug	Jack Robinson	10.0

EAT, DRINK AND SHOP

In the newly refurbished and modernized cafe you'll find an appealing menu using fresh, local produce. Enjoy some mild therapy and indulgence that, for money, you spend is going to a wonderful cause. Crafts, handmade cases, ceramics, jewellery, toys, ornaments and more, or why not take away a selection of seasonal fresh vegetables grown on site. Not forgetting a few kinds of spring bedding, pots and basket seats.

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These creative workshops are an excellent opportunity to spend your rainy day while learning the latest techniques of coloring, with water and pencils. It is a themed workshop children are encouraged to use their imagination to create colorful hand-made pieces.

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On Wednesdays 14th July 21st July, 28th August 18th August. Book in advance at earthworld.co.uk/childrens-workshops or 01904 626262. www.earthworld.co.uk

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Friday 12th August, Monday 15th August / Friday 10th August, Monday 17th August / Friday 12th August, Monday 20th August / Friday 24th August, 08:00-09:00

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Fine Art graduate to star in TV series

AFBEE Art graduate will be one of a series of artists featuring in a TV series to assess a spot in a prestigious London art exhibition.

Oliver Davies, a graduate from 2010, has all thousands of applications from professional and amateur artists to take part in Show Me the Money, which sees individuals competing to secure a spot in a prestigious London art exhibition and role.

To go forward to the exhibition, Oliver's work needs to win the approval of two of the three judges, known as the 'Hanging Committee'. The judges are some of the art world's greatest names: Charles Mallory, David Low and Ray Baker.

If successful, Oliver's work will go on display at the Show Me the Money Grand Exhibition and also at the Mall Gallery in London, where it will be seen by professional art buyers and the public alike.

In an exciting prior to the programme, more as its second series, the artist will be asked to 'show his art' and potential buyers will be allowed to bid much higher (or much lower) than the reserve price.

The show is being aired on BBC4 for three weeks from Monday 6 July each weekday of 2012. For more information, visit the show website at www.bbc.co.uk/programmes/b0100000.

Local student wins Barclays 'Money Skills' competition

BARCLAYS this week revealed the winners of its money-saving 'top tip' and 'photograph for My money style' competitions. The two competitions aimed to capture further education college students to share their knowledge of money management following their involvement in Barclays Money Skills 'week', a national money management programme.

Local student Bethany Mills from Chichester College was named 'Southern' winner of the 'Top tip' competition, which asked students to provide a great money-saving tip.

Commenting on her award Bethany said: "I'm so happy to have won this competition as I often find it hard to budget each month. Taking part in Barclays Money Skills 'week' has taught me to think about my money differently, considering the long term benefits of saving as opposed to the short term benefit of spending. The much more disciplined about saving now."

Highlighting her money-saving tip Bethany said: "Save 1p from each pay packet and you will have a full bank for a rainy day."

Students across the UK were encouraged to take part in the competitions by their colleges as part of Barclays Money Skills 'week', a national programme which improves students' financial capability through a week-long series of classroom tutorials, business activities and competitions based on money management. Bethany worked in partnership with The National Skills Academy for Financial Services to roll out the programme during the spring term. The programme was highly successful, with 120 further education colleges across the UK taking part and 100,000 students participating in its mentoring and interactive money management activities at their colleges, based on relevant topics such as budgeting and independent living.

Students across the participating colleges were invited along to a celebration event at Barclays headquarters in London on Friday 20 June, where the national winners for each competition were announced.

Chris Harris, Head of Education for Barclays said: "Congratulations to all of the competition winners who have provided some great tips and photos,

demonstrating their wisdom and knowledge of successful money management through their involvement in Barclays Money Skills 'week'.

"Our partnership with The National Skills Academy for Financial Services has enabled us to deliver a successful programme for young people, which will help to provide them with the financial skills and confidence they will need for a secure financial future."

Sylvia Perrow, CEO at the Skills Academy said: "Barclays Money Skills 'week' is a proven way to provide money management support to students, particularly now, when the cost of education is higher than it has been for years. Ensuring that students feel confident about managing their money is important in enabling them to successfully achieve their educational goals."

"We worked with Barclays to deliver workshops, activities and competitions that students could relate to and enjoy, and it's evident in the feedback from students and the success of the competition that the programme has been overwhelmingly positive."



Westgate Leisure Chichester Open Day

Help us celebrate our 25th birthday by coming along to a free open day on **Sunday July 22 2012**

from 9am - 5pm the Centre will be open and offering

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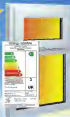
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There often come a time when you need to replace your windows. This is often the case when you have a broken window or a window that is no longer energy efficient. It is important to replace your windows with a new, energy efficient window. This is often the case when you have a broken window or a window that is no longer energy efficient. It is important to replace your windows with a new, energy efficient window. This is often the case when you have a broken window or a window that is no longer energy efficient. It is important to replace your windows with a new, energy efficient window.



Moonriders Challenge raises £3k for Trust

A FLIGHT of eight local residents from Chichester and Bognor Regis undertook the Moonraker Night Challenge and cycled 100miles from London to Brighton on Friday night – cycling through tough weather conditions and some steep hills, which included the notoriously challenging Ditchley Beacon!

Woodmen or the ultimate Capital to Coast charity-piggy-ops and the Aldinghouse Woodmen set off from Alexandra Palace and peddled through the streets of London, past some of the Capital's best known landmarks including the London Eye and Big Ben, before breaking out onto the open country roads of Surrey and Sussex, enroute at Tringham Racecourse

At the start line and with a delay of approximately 30 minutes, Simon Hurchans said, "I felt apprehensive and wasn't sure what to expect. I felt nervous at the thought of riding through London, with busy traffic and at night." Just yards in, whilst passing Big Ben, Alexander Emma Kottmann had the first puncture, however the team came to the rescue and one out finger and bandages later they were back on the road.

Monoxide Martin Loring said: "After the first stop, cyranoid at Mitcham, I felt like, however I then quickly realized that each stop was strategically placed just before a mammoth hill."

Van Leuven, Managing Director of the Trust, said: "At one point between Clontarf

Wassena Bolat, who drove the support van each day, was among the traffic in London that was really scary and I was in the van, not on a bike. They are all troopers, I'm proud of them all!"

Combining the connections to Brighton route with the unique resources of night cycling, the challenges completed the night ride in just under 60 minutes and a massive to travel and raised over £2,000 for local clubs in the Kidborough Trust. The Kidborough Trust is an outstanding charity who support people across Sussex and Brighton to overcome physical disabilities. They offer a range of activities and the same opportunities as everyone else to live independently, full and fruitful lives. The Trust has a number of Social Enterprise in which it trades and develops adults with learning disabilities to gain the skills to become self-employment opportunities in the community. The Trust has recently launched a Camellia Flowering Appeal to develop their existing funds and build a new conference centre, cafe and shop to help them continue to support and help many more adults with learning disabilities. They will accept additional support to the

A group of cyclists and a woman are posing in front of a large black archway at the start of a triathlon. The woman on the far left is wearing a black jacket and a black helmet. The cyclist next to her is wearing a blue jersey and a black helmet. The cyclist in the center is wearing a yellow jersey and a black helmet. The cyclist on the far right is wearing a pink jacket and a red helmet. The archway has the letters 'CE' on it. There are other cyclists and spectators in the background.

If you are interested in joining a future challenge or organizing an event for The Abingdon Trust, please contact Maggie at: abingdon@abingdontrust.org.uk

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Restaurant will be opening Fri 27th July

Sample menu

Spenden

1. name:
 2. phone:
 3. email:
 4. address:
 5. city:

Main course

**Served with mash, potato, vegetables
and peas.**

Dessert

^a See text with figure 1, column 1, line 10.

[Kids Menu](#)

^a Served with Chips, potatoes, or salad.
^b Served with a drink and...

Restaurant Opening
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Monday - Thursday

Lunch - 12:00 noon - 2:30 pm

Adult £7.20

Child under 150cm £3.60

Dinner - 5:30 noon - 10:30 pm

Adult £13.00

Child under 150cm £6.50

Friday - Saturday

Lunch - 12:00 noon - 2:30 pm

Adult £7.20

Child under 150cm £3.60

Dinner - 5:30 noon - 11:00 pm

Adult £14.00

Child under 150cm £7.00

Sunday & Bank Holiday Monday

All Day - 12:00 noon - 10:30 pm

Adult £12.50

Child under 150cm £6.50

1/2 Price for Adults over 65 years
and over 60 for £6.50 at the time
of booking payment on Sunday after 3.00pm
except banking, bank & public holiday
Last Entrance 30 Minutes
Prior to Closing Time

Takeaway Box Available

Monday - Saturday Lunch

Lunch Box: £4.50

Monday - Saturday Dinner

Dinner Box: £6.50

All Day on Sunday & Bank Holiday



Five-star school meals

NEARLY 95 per cent of West Sussex primary schools managed to get better than a four star rating of five out of five.

That is from the Food Hygiene Rating Scheme which found 67 of the 73 primary schools rated at the county to have achieved with 'very good standards'.

The remaining eight schools received a 'good' rating of four out of five.

John Figgins, County Council External Services Manager responsible for school dinners, said: "It is fantastic to see our schools achieving such high standards."

"It means pupils and their parents can be assured that their children are being served at clean, safe environments."

"Our school kitchens are a healthy and tasty space for children, ensuring they can enjoy a balanced and nutritious diet."

The Food Hygiene Rating Scheme rates by visual inspection in England with the Food Standards Agency and it showcases clearly food hygiene law is being met.

District environmental health officers suggest how hygienically food is being handled - how it is prepared, cooked, reheated, cooled and stored - as well as the condition of the buildings and how businesses



manage and record their activities.

The ratings are also published on the Food Standards Agency website.

Peter Griffiths, County Council Cabinet Member who is responsible for Education and Schools, said: "This is excellent news."

"It proves we can continue to be proud of the great service delivered to schools."

"It also proves parents will welcome the information and the reassurance it will provide them."

Meanwhile, children in the county will have time to get their own version of last year's five-star status, as part of a Summer Day inspired competition.

The contest, run by the County Council with its catering contractor Chartwell - which provides hot meals for West Sussex primary schools - is looking for people to take part.

New weight loss programme being launched

A NEW 'Wellbeing Weight Loss Programme' being launched in the Chichester District in July.

Chichester District 'Wellbeing' will be running a 12-week programme to help people lose weight.

"Losing weight can be difficult and so we've introduced these workshops to help people look after their healthy eating plans," says Cllr Eileen Lenth, Cabinet Member for Leisure, Wellbeing and Community Safety at Chichester District Council.

"Our staff will offer you a free one-to-one consultation to discuss what you would like to achieve from the workshops and look at any health issues. The workshops will take a detailed look at eating habits, health and lifestyle. They will then introduce small and simple changes which have been designed to be a safe and healthy way for you to lose weight, and maintain a healthy lifestyle."

The 12, weekly workshops will start on:

- Monday 10 July, from 9.30 to 10.30am at Senior Children and Family Centre
- Tuesday 11 July from 10.30am at the Children and Family Centre in Boffington
- Wednesday 12 July from 9.30 to 10.30am at Chichester Primary School Children and Family Centre, Chichester; and
- evening workshops will be arranged soon at Chichester.

The first one-to-one consultation will be held the week before each of the above start dates.

The workshops will cost £5.00 per session, or £5 for those who are eligible for financial support (proof of receipt must be brought to the next session). The 12 months cost to the council is £600.

If you would like to find out more or book a place, please call the Chichester 'Wellbeing Team' on 01243 830000 or email wellbeing@chichester.gov.uk or chichesterwellbeing.org.uk.

Harbour Rotarians welcome new president

THE 2017 ROTARYANS and guests

gathered at an afternoon reception at Leavel House School on Tuesday to welcome the new President of Chichester Harbour Rotary Club. Lunch was a spot meal and selection of summer desserts, dancing to the rhythm of Freemove.

After a successful year as Vice Marian Scott handed over the presidency to David Widdows who, in turn, is succeeded as Vice President by Stephanie Croxall.

Prizes for the raffish had been donated by a number of local organisations and businesses, over £1000 being raised for use by the Community Service Committee, who organised the event, for those in need throughout the district.

Chichester Harbour Rotary Club meets at 9.30 am each Wednesday, at the Chichester Park Hotel. Details from Secretary, Jean Proulx, 01243 830000 or secretary@hrrc.org.uk.

HYPOXI[®]-Studio - Bringing efficient weight loss techniques to Chichester

PAULINE MILES, MANAGER AT HYPOXI[®]-STUDIO CHICHESTER, SAYS:

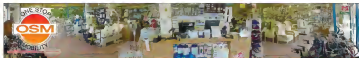
As the manager of HYPOXI[®]-Studio Chichester, I am thrilled to be able to offer HYPOXI[®]-Therapy to the people of Chichester and surrounding areas of West Sussex. Weight and such issues around the most sensitive areas of our bodies that "normal" diet and exercise simply doesn't combat can be helped using HYPOXI[®]-Therapy. Ladies who are suffering with cellulite will benefit from this treatment as too-severe cellulite can ruin the skin and give rise to the unwanted fat deposits that cause the "orange peel" on the skin.

But HYPOXI[®]-Therapy isn't just for ladies we help a lot of men, lose bodybuilders achieve their

HYPOXI[®] is a non-invasive treatment, unlike liposuction which holds certain risks of infection, and long recovery periods. HYPOXI[®] is a gentle but remarkably effective way to achieve the body you are happy with in a short space of time. Unlike the fact HYPOXI[®] offers a genuine outdoor on fitness, breath and wellbeing and offers a genuine and rounded view on nutrition rather than fat diets which can push people into yo-yo dieting and further weight gain.

I have lived in the south of England all of my life and over the years have learned to many friends and family who have failed to achieve the "perfect body". We need to become aware of a balanced lifestyle including HYPOXI[®] "Therapy".





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3kg, with brakes
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Local schools compete to find the next entrepreneurs



Winning team from St. Andrew's Church Primary School (left) and St. Peter's Church Primary School (right) at the Chichester Young Enterprise Awards.

WITH THE Summer term now drawing to a close and a new term approaching, local schools and colleges are gearing up to make their students true entrepreneurs. Parents and students alike recognise how valuable being part of a Young Enterprise company is to getting ahead in the current economic climate. Celebrating last year's success are Bishop Luffa, St Philip Howard, Mildford Trenchard and St David's College.

Early in the Summer Term another successful Awards Ceremony for the Young Enterprise Company Awards Scheme was

held at Chichester College. During the year, students from local schools set up and managed real companies, helped and advised by volunteers from local businesses. The rubric: students showed a fascinating diversity of product from a purple top for cyclists to real wash products that met the hygiene law requirements. The Executive presentation by both local businesses and the high level of business and commercial awareness learned by managing a real company and "making it happen". It also demonstrated qualities of leadership and the importance of team work. All of the

companies produced a profit and a return for shareholders.

The schools taking part were Bishop Luffa, St Philip Howard, Mildford Trenchard and St David's College.

The winning team was Vice from Bishop Luffa School and the runner-up was Omega from St Philip Howard School.

The team from Vice went on to represent at the County Final at East Grinstead.

Mark Aswell, one of the Directors at Chichester Herald, addressed the assembled group of young entrepreneurs and local business representatives. Drawing from his

own experience when pricing a business he said all schools in the local area to get involved in the Young Enterprise programme and for as many students as possible to start "enterprising" and learn.

Local businesses can also get involved with the Company Programme by providing a number of staff to act as a business adviser, financial support or in-kind and pre-launch support. If you would like to find out more about Young Enterprise please contact Madeline@Milem.org.uk or mail@milem.org.uk/young-entrepreneur.org.uk. Photos by John Douglas, tel: 01243 699999

Sainsbury's Chichester gets it in the bag and supports the local community

SAINSBURY'S Chichester has presented its local friends at Lower Primary School with a community grant for £1000.

This will help to support towards the cost of refreshments for the Chichester Challenge charity food raising event taking place on Sunday 7 July when where we will see members of our local community walking and cycling to raise money for local charities.

The Sainsbury's community grant scheme helps charitable groups in the local community, as funded by sales of "Bags for Life" and/or customers at Sainsbury's Chichester buying "Bag for Life" this means that they are not only doing great things for the environment, but are also making a contribution to their local community.

Sainsbury's Chichester store manager, Richard King, said "Our store is at the heart of the local community and it is important that we can do as much as we can to support it."

When we heard about the Friends of Lower Primary School were doing this amazing charity event, we were really pleased to be able to help out."

Last year alone the community grant scheme provided £2,000 worth of donations, donated by local managers and colleagues from store customers.



Further Sainsbury's community projects

Profits from the sales of Sainsbury's Bags for Life are donated back to the local community via the community grant fund.

Sainsbury's is committed to working in partnership with local retail and sports retail. Sainsbury's donated over £100 for sports retail at Sainsbury's Active Kids has donated over £100 million worth of equipment since 2009.

So by Sainsbury's donated its positions of food to a network of local community groups and charities helping to raise food for the benefit of the local community.



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@chichbiz

Navigate your way to Cotswold outdoor

WHETHER YOU'RE CLIMBING Ben How, exploring the Lake District or sunbathing your way through the Yorkshire Dales, getting lost will be a thing of the past thanks to a local outdoor reader and navigation specialist.

To help prepare you for the great outdoors, Cotswold Outdoor will be hosting a free navigation workshop, delivered by outdoor survey experts. The interactive class, aimed at beginners or anyone who would like to take their skills, will be held at Cotswold Outdoor in Chichester on Thursday 15th July.

The workshop will begin at 9 am, lasting for one hour, followed by time at the mall for questions. Attendees will learn essential map and compass reading methods, including understanding map symbols, taking grid references and reading compass bearings.

Fred Green, manager at Cotswold Outdoor Chichester, said: "We approach the school holidays, many parents will be looking for fun, healthy, outdoor activities to keep kids entertained and the OS educational workshop is a great way to prepare. We are really pleased to be able to offer this opportunity to our customers, it's great for seasonal exploration, young adventurers or families



looking to try something new for a summer retreat. Hopefully this workshop will help attendees to explore their experience of the outdoors by giving them confidence to carry out their explorations safely."

During the evening, an OS representative will give a video presentation, outlining what attendees will need when exploring the outdoors and the different types OS have to offer. They will then perform exercises demonstrating how to use different maps correctly and how to find different points using a compass and reference points.

Cotswold Outdoor is one of the biggest suppliers of outdoor clothing and equipment in the UK, stocking a variety of top brands including The North Face, Osprey, Regatta, Outwell and Rabbits.

Chichester Business

Draycott Nursing & Care has arrived!

Draycott
Nursing &
Care Centre
draycottnursing
on rd) the 100's
looking morning
and doing
space will be
reaching into
Customer and
the surrounding
area and will
be providing daily
care by nurse



and cases, as well as in care. They will be looking for fully qualified Nurses and experienced Carers to join their team. Creating new opportunities in Chichester and the surrounding area will be very much welcomed by the local community.

On 15th and 16th July, the Draycott Nursing & Care team will be holding Open Days at The Old Hay in Chichester, where they look forward to welcoming fully qualified Nurses and Carers who are looking for work within the health sector of Chichester. There will be a presentation on each day where they will be offering the right career for you FREE (Food & Drink).

Draycott Nursing & Care was founded in London by Angela Hinton in 1991 to

provide adult care for clients in the residential and private care sectors.

Most of Draycott Nursing and Care's clients come by word of mouth, which shows how highly they are thought of, due to the high standards of care they give. "Care" starts from the staff and the only staff who are recruited are those that have a natural aptitude to care. This is regarded as far more important, than receiving a diploma. Draycott Nursing and Care are defined by 4 Cs: Caring, Calm, Calmness, Community, Connected, Consistent, and Confidential.

They also offer a free service to relatives "Beloveds' helpline" where they give listening and advice to relatives who suddenly become their loved ones' carers.

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Featuring -
Popular relationship coach Life Demos

Programme includes -
How to woo a WOMAN and How to entice a man
Playful mating - breaking the ice
The art of seduction - age old wisdom
Latin moves - dance lesson
From misery to magical mystery - The songs of lovers

50% of profits are being donated to charity (see website)
www.authentic-relating.com

Event artwork by Megan Duncanson



Reviews

Friends with Kids (15)



FOUR out of five stars

Running time: 107 minutes

Director: Jennifer Westfelt

Starring: Jennifer Westfelt; Adam Scott, Maya Rudolph, Kristen Wigg, Jon Hamm, Chris O'Dowd, Megan Fox, Edwards Zwick, Lee Royce

Engageable, well-written relationship comedy showcasing various observations and providing terrific performances from a superb cast, though the initially promisingly offbeat script ultimately lacks the courage to kick against convention.

What's it all about?

Written and directed by Jennifer Westfelt (*Mean Girls*, *Anna Karenina*), *Friends with Kids* stars Adam Scott and Jennifer Westfelt as single best friends Jason and Julie, whose married friends Leslie and Kim (Maya Rudolph) and Chris O'Dowd and Miley and Ben (Jon Hamm, Wigg and Jon Hamm) see their marriage deteriorate after their own children. Looking back on becoming that parentified gets in the way of a loving relationship, Jason and Julie decide to have a child together, allowing them both to continue their search for The One.

Naturally, these friends are horrified, but



in their way, Jason and Julie manage to make for an easy movie watch. However, things get complicated when Julie realises she has feelings for Jason just as he finds a new girlfriend, Mary Jane (Megan Fox) and Julie, in turn, starts dating divorced father, Kurt (Edwards Zwick).

The Good

Scott and Westfelt (as her Jon Hamm's real-life partner) have genuine chemistry together, sparking off each other's wacky

and crushing a promising friendship.

There's decent support from Rudolph and O'Dowd (Wigg and Hamm are really under used, though Hamm has a short-out-of-control argument scene), while Megan Fox delivers her best performance to date as Mary Jane and Zwick handles a likable turn as Kurt.

As with Westfelt's *Mean Girls* film, *Friends with Kids* has an intriguingly offbeat subject, discussing around unconventional ideas that are not often expressed in

mainstream Hollywood comedies and making some subtle observations along the way (such as how mothers with children may find the married couple's arguments unnecessarily familiar). In addition, the script creates fun with great dialogue, aided by Scott's mastery of deadpan delivery.

The Bad

The only real problem with the film is that, having tastelessly teased at something original and different, *Friends with Kids* ultimately opts out, playing out more or less as you'd expect.

Similarly, the rather messy play of cutting most of the cast of friends out (presumably they are all out-of-focus friends) is great for the publicity, but is likely to backfire for anyone expecting *Friends*-style levels of clarity as a result. (On top of that, Chris O'Dowd really shouldn't be allowed to do American comedy, as he hasn't quite mastered them yet and it's very distracting.)

Worth seeing?

Friends with Kids is an enjoyable relationship comedy with a superb script and terrific performances but it's a shame the film isn't ultimately as offbeat and daring as it could have been.

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PRICE: £65

INCLUSIONS:

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Personal information will: taking on a 100 word list on social information that requires you.

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FRIENDS WITH KIDS COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. WRITER AND DIRECTOR JENNIFER WESTFELT HAS BEEN IN A LONG TERM RELATIONSHIP WITH WHICH OF HER CO-STARS?

- A) ADAM SCOTT**
B) JON HAMM
C) CHRIS O'DOWD

Send your answer to comp@cheesterchronicle.co.uk and a lucky winner will be drawn, closing entry Sunday 10th July at midday. The winner will be notified by 11am on 1st day.

• Last week's winner is Caroline Hynes, from Chester.
 © 2014 Cineworld



Cineworld Chester
 Chester City Centre, Chester, PO19 8BL. 0871 200 2000

A little bit of jazz

George Steps-John Tunstall will be playing these more eggs over you throughout July for a

little bit of jazz you can see that at:
 Sat. July 26th. The Fab House, Chidgrove. 12.30 - 3.30pm. 10.00/15.00/44.
 Fri. July 26th. St Mary's Cafe, St. Ann's. 8.30 - 10.30pm. 10.00/15.00/44.
 Sat. July 26th. The Fab House, Chidgrove. 12.30 - 3.30pm. 10.00/15.00/44.
 For further information, please visit: www.georgestepsjohn.com

Blues on the Farm – a new date is set

FOLLOWING the postponement of Blues on the Farm due to the meteorological situation, the new date has been confirmed - 10th to 16th September 2014

With the problems recently occurring just across the Solent for people trying to get to the DTH Festival, the decision to postpone Blues on the Farm at Farley Farmstead

Putting on Facebook earlier this week, my dear John Moore said "The experienced crowd at the last few days and the weatherological ground over make it impossible for contractors to access the site to set up the Festival. In view of the forecast for yet more rain, we have reluctantly had to accept that Blues on the Farm once will have to be postponed. The decision to re-schedule has not been lightly let this year the forecast has improved again so. Currently some of the camping fields are still



under water and mud, and we still have to harvest the grass. To add to the misery the further heavy rain forecast for this weekend and beyond will only exacerbate the situation."

Further details on the rescheduled festival will be announced soon.

Chichester Challenge – you can walk it, run it or MTB ride it

THE YEARS Chichester Challenge is on Sunday 10th July and is organised by the Rotary Club of Chichester Primary. It is a day of age and distance including three walks, three road runs and two mountain bike events all starting and finishing at Lovers' Village Green, near Chichester. Those taking part may get themselves sponsored for their chosen charity and all other proceeds from the event this year will be for Chichester Free House Children's Hospice and Children on the Edge. They

have also included a 7mi MTB trail for the younger walkers.

The event is designed to challenge you in many ways with spectacularly beautiful scenery and views throughout the Chichester Estuary, the South Downs Way, Foresty and Deneval trail.

Full details from 01243 786650 or visit www.chichesterchallenge.co.uk for on-line entry and registration forms. We also need some helpers on the day so please let us if you would like to take part or help us.



Chichester Cinema
 at NEW PARK
 01243 786 650
 'your cinema on the park'

Fri 8 Jul. 12.45 Free Man (12) 10.00, 15.30 Woody Allen. A Documentary (12) 10.00, 15.30 Mommie Dearest, 10.15 A Royal Affair
Sat 9 Jul. 12.45 Midnight on the Water (12A) 10.00, 15.30 Woody Allen. A Documentary (12) 10.00, 15.30 Free Man, 15.30 Free Man
Sun 10 Jul. 12.45 Woody Allen. A Documentary, 12.45 Free Man, 15.30 The End and the Beginning (PG) 10.00, 15.30 King Lear (12A)
Wed 13 Jul. 12.45 King Lear (12A) 10.00, 15.30 Mommie Dearest, 15.30 Free Man, 15.30 Woody Allen. A Documentary
Thurs 14 Jul. 12.45 Solstice: Fishing in the Yarns (12A) 10.00, 15.30 King Lear (12A) 10.00, 15.30 Woody Allen. A Documentary, 15.30 Free Man

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Food & Drink

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Jamie Oliver opens restaurants at Gatwick

THREE BRAND NEW restaurants run by the celebrity chef Jamie Oliver opened at Gatwick Airport this week.

Jamie Oliver at Gatwick is the largest restaurant space in the whole airport and aims to transform UK airport food, which has previously been seen as drab and dull. The complex is made up of three different restaurants, Jamie's Italian, Jamie's Italian Bakery and Jamie's Juice Bar.

Jamie's Italian Bakery is a brand new concept from Jamie Oliver, aimed at travellers looking to pick up a quick snack or breakfast on the go. It will serve a selection of house-made pizza, fresh sandwiches and focaccia, which can be taken onto the plane by passengers.

The Jamie's Juice Bar at Gatwick is the first stand-alone Jamie's Juice Bar to launch in the UK. It will serve a variety of fresh juices, and the site also has a bar on the balcony of the bar. The bar will have an open bar coffee, offering an all British brew and a large number of UK sourced and produced beers.

The restaurants will be open to passengers leaving the first flight of the day, and they open until after the last flight departs.

Nutritional pizza invented in Scotland set for the shelves

A SCOTCH TEAM has revealed what it claims to be the first nutritional pizza, accounting for 30 per cent of an adult's daily recommended amount of vitamins and minerals.

The pizza is the brainchild of entrepreneur Les Sims, from Glasgow University, and biochemist Donnie Macdonald, and is also said to contain a third of the guidelines amount for sodium, protein and carbohydrates.

Prof Sims is from the university's human nutrition department and he said the idea was born out of frustration that such a popular meal was so 'nutritionally unbalanced' when it came to vitamins.

'The vitamins we used, everything are absent from these meals,' he said. 'Nobody has thought about it. It's not just together with vitamins to try to do this.'

A number of trials are used to make the pizza healthier and the incorporation of seaweed, which is also mixed in with the tomato base to add extra vitamin C.

The pair claim that each pizza also contains magnesium, potassium, iodine and vitamin A.



The pizza will only be available in from at first with the two claiming it was tough to keep costs low. Our pizzas are more expensive than most

of the from, pizza but on a par with the other pizzas, said Mr Macdonald. 'It shouldn't be a hard pill to swallow, or a hard pizza to eat.'

TEA'D OFF - Brits enjoy a coffee more than a cuppa

BRITAIN is now a nation of coffee drinkers, reveals high street retailer Debenhams, claiming that tea is no longer our favourite drink.

Sales figures from the department store show that coffee products such as instant, coffee machines and coffee cups are outstripping tea pots and other tea accessories by age, suggesting that tea is losing out to coffee as Britain's 'new drink'.

Coffee is also selling double the amount of tea at Debenhams' restaurants and cafes, which now represents 95% of sales compared to tea which is only 5%.

Spoonspoons for Debenhams, Laura Hughes says, 'There are a number of things driving the traditional coffee and lifestyle change to make up and sell the coffee.' 'Coffee has a growing popularity, it has been drunk in Britain since the late 18th century but has only just started to reach the beloved cup of tea.'

'Everywhere else the reason behind that trend, making time for tea is difficult where as people are opting for a quick coffee on the go for tea time full of stress.' In the UK, 95% of restaurants drink coffee (either ground or instant), meaning that as a nation we consume approximately 10 million cups of coffee per day.

Of the demographic but beverage categories (coffee, tea and hot chocolate),

coffee is the only one to have seen volume growth over the past three years. This suggests that it has stolen share from both hot chocolate and tea.

'Other reasons behind the trend are being put down to more people seeking a caffeine boost to get them through the day or to wake them up during the morning.'

Laura Hughes continues: 'We world-wide across and businesses have higher expectations but with smaller budgets, it isn't a surprise that people are turning to coffee to give them a boost.'

The store has also seen the biggest growth in tea travel coffee cups, sales have risen by 45% in recent months suggesting it is an emerging segment coffee cups for making their own at home to serve guests.

Erin Peck, Executive Director of the British Coffee Association, says: 'The UK coffee market continues to grow at a very steady pace and consumers are becoming increasingly aware of the health benefits associated with coffee drinking. In moderation, low- to low-fat coffee can contribute to your fluid balance, boost mental performance and has been linked to a reduced risk of stroke and type-two diabetes. We can all relax and enjoy our coffee.'

Ban food from landfill - study

THE GOVERNMENT should ban all food waste from landfill by the end of the decade to boost technology which can turn it into energy, a report has said.

Consultants led by Greenpeace support to help them bring an separate food waste collection for household and businesses to ensure a steady supply of organic waste for the renewable power source.

The report claims an average domestic could create enough biogas from grown waste and purpose-grown crops to power more than 1.5 million UK homes by 2020, the study finds that built Greenpeace suggested.

It further to increasing energy from anaerobic digestion need to be removed if the technology is to be scaled up significantly from current levels where it produces enough energy to power 300,000 homes, the report found. Currently getting an anaerobic digestion scheme going can take 'up to a year and cost up to £100,000'.

Anaerobic digestion plants are expected to break down organic material without oxygen to create biogas that can be burned to produce renewable energy or injected directly into the gas grid. But the study said the industry often struggle to secure long-term contracts to receive supplies of the biogas that can be used.

The report said that only 1% of houses in England had separate food waste

collection, compared to 10% of households in Wales.

A ban on food waste going to landfill would force local authorities to collect between 100,000 and 150,000 tonnes of food waste annually from households and businesses, which would provide the supply needed for anaerobic digestion. Such a move is also necessary because the UK will run out of new landfill sites by 2020 and the UK has to meet 10% of its energy needs from renewable sources.

Local authorities should be encouraged to invest in the more expensive schemes needed to collect the separated food waste effectively. Or they should be able to access funding, which could be used to finance planned schemes in the future but on existing rubbish to landfill, through a new scheme to be set up by the government to encourage investment in anaerobic digestion.

Report co-author Dr Emma Blaxter-Jones said: 'Anaerobic digestion technology has in many cases of anaerobic digestion plants to break down organic material without oxygen to create biogas that can be burned to produce renewable energy or injected directly into the gas grid. But the study said the industry often struggle to secure long-term contracts to receive supplies of the biogas that can be used.'

The independent report will be published this week at a conference held by the Anaerobic Digestion and Biogas Association, which funded the study.



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Get the juices flowing...

EVERYBODY and again I come across a blog post that I can't share with everyone! I tell about juicing a lot, and believe that juicing is very healthy and a small amount of fruit daily is a fantastic way to boost your immune system. Adding sprouted seeds to that (such as a wonderful power super food, such as sprouted lentils) also gives you an energy kick. Juice the problem is not everyone has a budget to buy a decent juicer. I have loved the Great Wall Juicer, which retails at about £100 on Amazon. This is a big purchase, especially when buying something new and you are perhaps not sure if you are going to use it as much as you think. I ordered that juicer to spend a decent amount on a juicer to get a good amount of juice out of my vegetables, without wasting silly amounts of money on bags of greens. This is the problem I think people should spend on as a decent quality juicer. A friend of mine told me he was given a juicer for a gift, and when he told me it was given to him I said my doubts that it would be anything at all. How before I knew, it is what I say. I am not an insurance, nor do I want ANY money from any products, just to say super foods that I recommend. The reason I love writing this



Denise Kelly

column is simply to share the knowledge I have to the general public, and every week I get hundreds of e-mails to say how much someone wrote up have helped individuals. Very occasionally, I get a complaint, because someone has disagreed with me, but that is also OK as everyone is entitled to their own opinion. I am fully aware that in the world of Nutrition, health and medicine, conflicting advice happens all the time. I attend many lectures at the RSH (Royal Society of Medicine) to keep up to date as possible in the medical world as I do in the world of alternative and holistic. Any information I share online with good intention and because I genuinely think it will help. So, back to the point... when I say juicing here out to be amazing, I want you to this friends house to see it in action. I can't

believe how powerful it is and how much juice is extracted! I should have shared it the company because I have recommended it to many friends now who just love it. It's affordable, nice and compact, which means it can have a place in anyone's kitchen, whether the size work space you have it is easy to clean with a removable pulp collector and it has an extra feed chute for faster feed in. It extracts the juice quickly, and the quantity of juice it gives you is similar to much more expensive ones, which is brilliant! It is called a Plus Pure and Precision Compact Juicer and you can buy it from Robert Dyer. (I am sure you can buy it on the internet too, and perhaps other retailers) It is a fantastic machine to start you off, if you were in any doubt, and it also gives you the health benefits of juicing. I am sure it will become part of your daily routine.

To get guaranteed a great low volume pure consists of 1 large grapefruit, a lemon, 2 medium of fresh ginger and a handful of green such as watercress, spinach or kale. You can add one apple of pear to this meal if you like better, and if you like more organic foods and super foods that will propel the energy levels in that



morning excited to even higher levels! All you need is about half a glass full that you and children can have a shot glass full with some water to wash it down with.

It is wonderful when you know how much energy food can give you. Eat, drink, relax and enjoy!

Denise Kelly is a RANP (British Association of Nutritionists) registered Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practice in Chichester, West Sussex and is the founder of a PVI Kids. Tell us any good news we're delighted to hear.

Suffering from Migraines? Help is at hand...

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THE PHILOSOPHY of traditional Chinese medicine is that the flow of energy (Qi) should be unimpeded (Mingqi) and in good. Using Chinese medicine & acupuncture, the stagnation can be removed and the blood circulation in the head can be regulated. The body is a whole system can be balanced at the time to reduce treatment can reduce the frequency or even prevent a flow happening again. For people who have a lot of tension, acupuncture can be applied instead.

Dr Peng Yang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been visiting from China to Chichester which has helped to improve the health of many people. He has been practicing for



professor over 15 years and has been on clinic at Chichester town centre, 4 The Chambers, off Chapel Street, Chichester PO19 2EL.

For more information to visit www.atcm.co.uk Call 01243 837777 Free Consultation, Free acupointing

Health experts 'ready' for Olympics

HEALTH CARE experts have declared they are "fully ready" ahead of the London 2012 Olympics.

An outline of people prepared to discuss on the capital, the Health Protection Agency (HPA) has implemented a raft of measures to ensure that any potential disease are spotted and addressed as quickly as possible.

Although the HPA expects a "slight" increased risk of disease such as stomach bugs and viral infections during the Games, it does not anticipate any major infectious outbreaks at Olympic and Paralympic events. The HPA plans to have a special laboratory testing to help diagnose bugs more rapidly. Infectious such as Salmonella will be diagnosed within a day - compared to the standard of hours.

It will also monitor calls to NHS direct and out of hours GPs and data from accident and emergency departments and HPA walk-in centres.

Experts will look at symptoms patterns and be able to determine whether there have been any outbreaks. Doctors have also been told to report any symptoms which point to emerging infectious or exotic diseases.

Dr Ivan McClelland, HPA's regional lead and director for London, said: "In preparation for London 2012 we have put in place world class systems to monitor and respond rapidly to any outbreaks of infectious diseases or environmental hazards. These new and enhanced systems will provide the first indication of emerging



infectious in the community and hospital if they are to rise.

Our experts will analyse surveillance data daily to identify areas of public health significance that could have implications for the Games. We will be providing expert advice to the Olympic organisers and Government on how to respond to and limit any risk to public health.

It is important to note that our risk assessments indicate that there is only a slight increased risk of infectious disease during the Games, such as gastroenteritis and respiratory disease, and the majority of that comes from outbreaks at Olympic and Paralympic events.

"We are taking all precautions, and are writing to healthcare professionals across the UK, reminding them to be alert for unusual presentations and report symptoms of infectious disease promptly."

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Semi ripe cuttings

■ Expert advice on how to take semi ripe cuttings from your favourite plants around the garden

As the new growth continues to form in our gardens now's the time to think about propagation, making new plants from existing plants. It's best done at the start of the growing period of gardening. After all, you

“Fuchsias, dahlias, geraniums and many herbaceous perennials lend themselves brilliantly to semi ripe cuttings”

can't remove a finger and grow a whole new body from it, but you can remove a shoot from a plant and grow a whole new plant.

Here's a step by step guide to successful semi ripe cuttings

1. Fuchsias, dahlias, geraniums and many herbaceous perennials lend themselves brilliantly to this process

2. Look carefully at the selected plant. Choose a healthy one and using a sharp blade (scissors are fine) cut a shoot about 10-15cm from the top just below a leaf

3. Make sure you take a clean cut. You don't want to damage the stem

4. Carefully remove the lower leaves from the cutting making sure you don't damage the stem

5. Using a good rooting hormone dip the newly cut end into the hormone ensuring that all parts of the open wound are covered

6. Take a new flower pot filled with potting compost and make a small hole about one deep

7. Place the cutting into the hole

8. Remove any other large leaves, making sure all stems are covered

9. There needs to be good air flow and moisture in order for the plant to grow successfully. Cuttings can be placed in a warm greenhouse or indoor propagator

Once the roots have taken you can then focus on establishing the plant to its surrounding outdoor conditions. Before you know it you'll have a brand new plant. Success any flower the first few weeks to help the plant focus on the roots.



Jo Goldenworthy
Horticulturalist, gardener, writer and designer. If you have any queries, questions or queries related

to gardening or are looking for someone to work in, or advise you on your garden do drop an email at jgoldenworthy@hotmail.com

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First-time buyer home sales slump to seven-month

FIRST-TIME BUYER SALES have slumped and mortgage activity to the wider housing market remains sluggish, surveys reveal.

Home sales to those getting a start on the property ladder fell to a seven-month low in May following the withdrawal of a stamp duty exemption, which is expected today.

Meanwhile, a quiet housing market and a reduction in re-mortgaging means households are paying fewer mortgage deals more than they are taking out fresh loans, figures from the Bank of England reveal.

Some 15 per cent of overall house sales went to first-time buyers in May, down from 16.2 per cent during April, representing the lowest fall since October last year, said the National Association of Estate Agents.

At the beginning of this year, lenders and estate agents reported a rush of first-time buyers trying to beat the stamp duty exemption deadline in March, with sales which would have otherwise happened later this year.

NAEA president Mark Hayward said: "Sadly, as the NAEA predicted, the Government's removal of the stamp duty holiday for properties priced at £175,000 and under has hit the fragile first-time buyer market hard."

"At what was a very turbulent time for the economy both here and on the mainland, which has plagued higher mortgage

rebates from the main banks and placed increased pressure on household finances, the Government should be doing all it can to stimulate housing market activity."

Mr Hayward said it "remains to be seen whether a 'loading for lending' scheme announced by the Treasury and the Bank of England last month will mean house buyers get greater access to cheaper deals."

Tough people with small deposits are likely to find it harder to get a mortgage deal in the coming months.

The Bank of England figures show that households reduced their mortgage debt by £6.6 billion in the first quarter of this year.

That indicates that households are putting more money into the housing market, through deposits or mortgage repayments for example, than they are taking out, with a consecutive third quarter reported since the summer of 2008.

The Bank said there was "little sign" that households are trying to pay down debt more quickly than in the past, and a lack of activity in the housing market and a reduction in re-mortgaging are underpinning the figures.

However, economist Howard Archer of IHS Global Insight said that despite the Bank playing down people slowing to pay down their debt more quickly as a factor, poor returns on savings have "irreversibly" made it more attractive for people to use any spare funds to reduce their mortgages.

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Moaners or victims? - men and motoring fines

RESEARCH by Top Motor Insurance shows that 50s over 50 are almost twice as likely (2x) to say they have been the victim of a speeding fine than women (1x) and 50s over 50s say they have been wrongly received a parking ticket (2x), 50s and 60s, 50s.

Overall, 20% of people feel they have been the victim of a parking ticket while 10% of men and 10% of women say they have been the victim of an unfair speeding fine.

Overall, 40% of motorists do not bother to complain and the most common reason for men was because they were afraid of not involved while women did not know where to start.

Being afraid of conflict tops the list of reasons why motorists haven't challenged a garage for poor servicing or repairs. Women are the most likely to put on a brave face and not complain to a garage (10% vs men 20%). In fact, 10% of men appeared to be considerably more successful than men when complaining to garages for poor service and repairs (women, 10% and men, 20%).

People are the most confident when challenging parking tickets an almost a third (30%) of motorists admitted to

challenging several parking tickets while only one in 10 motorists complained about a speeding fine.

Challenging fines and tickets seems to pay off as one third of men (30%) and women, 30% who challenged a parking ticket believed they were successful. Complaining could save motorists a considerable amount of money as the government intends to increase speeding fines to a whopping 10% while parking tickets range from 10p to 100p.

Parking damage is more prevalent in the South and in Scotland with one in five people surveyed saying they have suffered damage caused by a parking in each of these regions. However, of the one in five UK motorists who have suffered such damage only one in 10 people have been successful when complaining to the relevant people.

Responsibly, 70% of the capital of unfair parking and speeding fines with 10% saying they have unfairly received a speeding fine and 10% saying they have been victim of an unfair parking fine. A quarter (25%) of Londoners say they have received a parking fine unfairly and an astonishing 10% have challenged them.

Schumacher number one on F1s hitlist

MICHAEL

Schumacher is the final and leading target of the Goodwood Festival of Speed organisers as the seven-time F1 champion remains the only leading racing driver never to have graced Lord March's motoring pageant.

The appearance of Alan Pross - the other major driver who had previously never appeared at the F1 - at the Festival on Saturday has put Schumacher at the top of the hit list. "It has been trying hard over many years to get both Pross and Schumacher to attend the Festival, now it's just Schumacher," says a spokesman for the organisers. The German driver is understood to have been approached many times by Goodwood to make an appearance, but so far has refused every offer. Some appearances at GT1 events linked to sponsors, Mercedes-Benz may be able to persuade the all-conquering German to make a special appearance to a major presence from Stuttgart.



Pross's appearance was linked to his role as an ambassador for Top Motor Insurance, who celebrated the 10th anniversary of Mr Jack Hower with a special reception at Goodwood.

The Festival is renowned to have been attended at his last appearance, even the principal of his temporary relationship with Agneta Sorensen in the last of the Festival.

However, the burden of clearing a race track who greeted the French on-chassis are understood to have pleasantly surprised Pross, and Schumacher can expect a similarly positive reception.

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Sport

1 PHOTOGRAPH

Back to School for Nash

STUDENT star Chris Nash went back to school this week to teach pupils at Earlsfield Primary School in West Sussex the importance of good sportsmanship.

Chris took part in an MCC Sport of Cricket assembly as part of the Earlsfield Cricket Club's scheme to teach children at Chance to Shine schools the message "play hard, but fair". Chris took part in the interactive assembly with around 100 pupils and discussed the importance of respecting team mates, the opposition and match officials.

After watching a MCC Sport of Cricket DVD - a special anti-doping campaign with a James Bonding twist - the assembly hall was split into teams and several pupils took part in a "kick-off". The children immediately put what they had just learned into practice, shaking hands after they finished.

After the assembly, pupils went to the playground for a cricket coaching session with Chris. They practised a range of skills, including running batting skills, swinging times and catching cricket bats.

Speaking after the assembly, Chris Nash said: "The assembly went really well, and the kids had a great afternoon. They're keen

about teamwork, respect, sportsmanship and how to treat other people whether you're winning or losing. They are all valuable lessons that they can take into life away from the cricket field."

Sussex's opening batsman also praised the Chance to Shine campaign, delivered through the Sussex Cricket Board that aims to bring cricket and co-educational opportunities to two million children in state schools.

"Chance to Shine has had a massive impact," Nash said.

"The amount of kids playing cricket is unbelievable. It's something that I didn't have as a youngster and it's incredible to get as many kids into cricket as possible."

Wear cricket, 3.5m, and "I'd like lots of fun activities but including the assembly. It was great meeting a professional cricket player and he was really interesting. I learnt a lot today and I enjoyed my running and throwing."

In total, around 400,000 children in 4,000 "Chance to Shine" schools will be introduced to the key MCC Sport of Cricket message embedded in the laws of the game, as a result of the MCC/Chance to Shine



partnership. There are three core elements to the partnership: communicating the MCC Sport of Cricket message to children; within schools through the special assemblies, organising into school competitions and MCC Sport of Cricket Summer Camps. Year 3 teacher Joel Lane summed up the

idea, adding: "It's been fantastic to see Chris come in and it's been really inspiring for the children and very educational. The kids are keen to be sporting stars if things are not going their way, how to be part of a team and support their team mates even if they're not there as well as they're like."

1 PHOTOGRAPH

New manager in at Selsey

SELSEY Football Club has appointed Richard Towner as their new manager.

Richard was offered the position on Saturday by club chairman David Lee and has agreed to take the job with immediate effect, hoping to build on the solid work of departed boss Adam Huxtablewood.

Lee said: "The Club are delighted that Richard has agreed to take on the position as club manager as he has a wealth of experience within the County scene. He has proved successful at his previous clubs and has just played South West as manager upon Exmouth's rise with accolade. He is both a high reward by a very successful area and I have no doubt that he will help to take the club forward."

Richard acquainted himself with the players at the club at his first training session on Tuesday evening. His first priority will be to look at the players at the club and then see if he needs to improve upon that. Richard said: "I welcome any existing and new players to the club for training, as well as those who have already been achieved at Selsey

Football Club. It would be very interested in meeting some of my current and players. I have worked with in the past which will help improve the squad at the club. The first team ended last year in mid table and were losing battles in the RFL Cup. The reserves also performed well making a cup final and the third team gained promotion to Division One of the 11th Sussex Football League, so it seems to me the club is in a healthy position. I want to improve upon this and help bring success to Selsey FC."

The Club has also announced that Steve Bailey has agreed to become the reserve team manager. Steve is a local lad who has been in charge at Hove FC and has had a very successful time with them. He took over as the reserve manager of the 11th Sussex Football League but now needs a new challenge. He said: "I am looking forward to running the reserves and working with the players back at the club. It is my intention to get the team playing good football and help develop them into better players."

Training starts at 7pm at the club and



any players wishing to attend will be made very welcome. For details please contact Richard Towner on 01323 670000 or Steve Bailey on 01323 670000.

The club are also in need of a Physio who can help out at training and on match days. If anybody is interested in this position please contact Richard or Steve.

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